



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

FLU VACCINES (60 SECONDS)

It's that time of year again – a time for cooler weather, holiday gatherings, and the dreaded cold and flu season.

This is Acting State Health Officer, Doctor Scott Harris. Each year in the United States, more than 200-thousand people are hospitalized from flu complications and at least 36-thousand people die from the virus. The flu is a contagious illness and can easily be spread by sneezing and coughing. It can lead to hospitalization and sometimes even death – so make sure you are protected, and get your flu vaccine today!

The flu shot is practically pain free and only takes about five seconds to receive. Most people who get the shot say the vaccination is over before they even know it starts.

The Alabama Department of Public Health has also created the “Do 10” program to let you know the top ten things that you can do to help prevent the flu! View the complete “Do 10” list at Alabama public health dot gov slash influenza.

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